

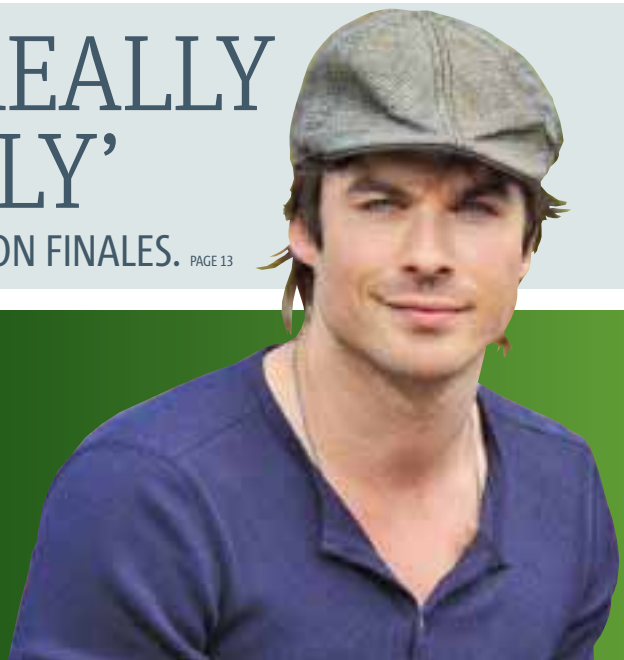
A VAMPIRE WHO IS REALLY 'LIVING DANGEROUSLY'

IAN SOMERHALDER TALKS GLOBAL WARMING AND SEASON FINALES. PAGE 13

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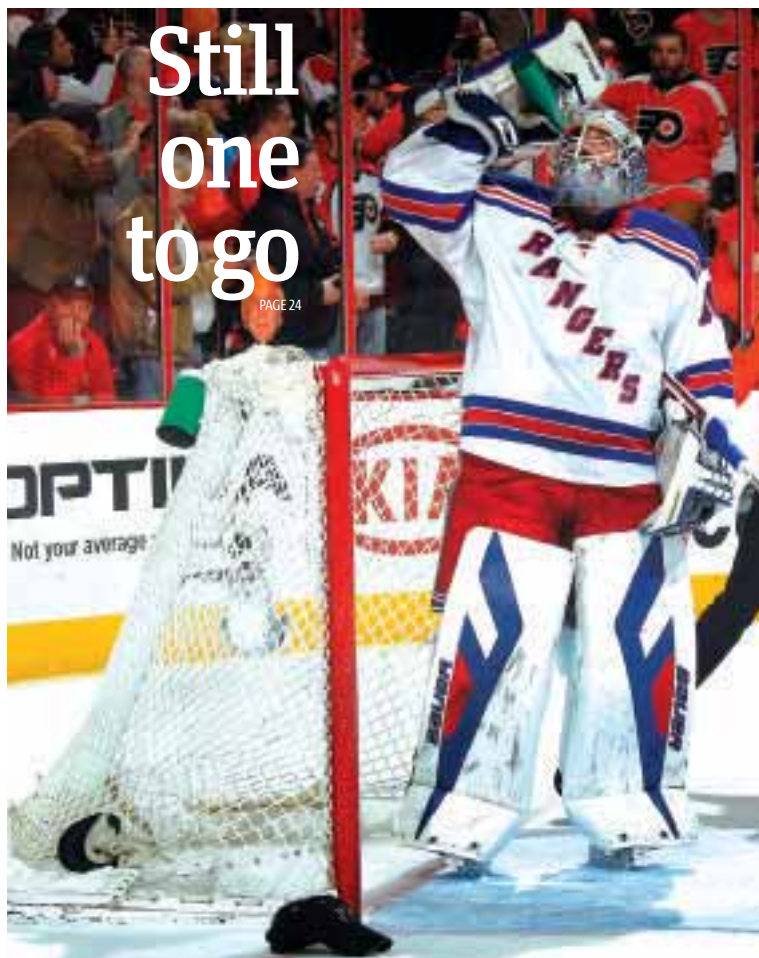
NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Wednesday, April 30, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork



Still
one
to go

PAGE 24



Henrik Lundqvist could do little to stop an onslaught from Wayne Simmonds, who netted a hat trick, and the Flyers, who forced a decisive Game 7 Wednesday night (7 p.m., MSG). / GETTY IMAGES

City Speaker introduces bill to limit own power

Fair play. City Council Speaker Melissa Mark-Viverito unveiled a series of reforms on Tuesday that would limit her ability to dominate over the council. **Equal measure.** One of the rules would ensure that each official would get the same amount of funds instead of having a sum doled out by the speaker. PAGE 02

**NBA bans
Clippers'
Sterling,
pushes sale**

PAGE 06

**'Aladdin'
soars, but
the musical
aims low**

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**Get your
spring
cleaning
done now**

PAGE 16



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1 NEWS

Today's tweet

"When you find a great apartment in New York you say, 'It's so New York.' Find a great place in L.A. and you say, 'It's not like living in L.A. at all!'"

@WilliamHallMacy

Birthday

Celebrate with Metro!

We're about to turn 10! Metro is celebrating a decade of covering the Big Apple and we'd like you to take part in the festivities. What's your favorite thing about Metro? Want to submit a congratulatory birthday message? Have a favorite memory of the paper? Send your well wishes to letters@metro.us for a chance to see them appear in our May 5 anniversary issue.

Courtroom crossroads: where news meets art

Chronicles.

Courtroom artist captures the biggest cases in New York City history in her book.

These days, cameras are more or less expected to chronicle many high-profile courtroom dramas.

That wasn't always the case. In fact, it still isn't in many courthouses across the country. Cameras only became legal in some courtrooms in the mid-1980s, and are still banned in many court proceedings.

After more than 30 years in the industry, New Yorker Elizabeth Williams found unconventional success by capturing moments in New York courthouse history, including lifestyle magnate Martha Stewart's 2004 conviction and infamous financier Bernie Madoff's eventual downfall.

Metro sat down with Williams, who recently collected some of her and her peers' work in a new book, "The Illustrated Courtroom: 50 Years of Court Art."

What goes through your mind when you pick a scene to put on paper?

You can have a lot of time to do something or no time to do something. You have to be prepared for anything. I can't



Elizabeth Williams' new book includes a drawing of attempted Times Square bomber Faisal Shahzad standing trial in 2010. /ELIZABETH WILLIAMS

Check it out

Williams' new book, "The Illustrated Courtroom: 50 Years of Court Art," is available for pre-order through the CUNY Journalism Press.

- Select pieces from the book are on also display and for sale at the World Trade Art Gallery at 74 Trinity Place through Friday, May 2.

First drawing

"Oh, yes. I was 22, maybe 23, at the San Bernardino courthouse. The defendant was a child molester, and they finished his sentencing. As he walks by me, he turns and says, 'Do a good job, honey.'"

Williams, on whether she remembers her first gig in a courtroom

come back to my boss and say, "I'm sorry I didn't get it." You start to develop a news sense.

What you do is an art form, but it's also a deadline-driven career. How do you balance the two?

The first line of the book is: "Inside the very best court artists are fine artists waiting to get out." But the crushing deadlines. ... That's the truth of it. You want those two things to meet — you want artistry and you want journalism. That doesn't always happen.

So where do you see this particular art form heading in the next few years?

We'll see. When they put cameras in federal courts, that's pretty much it. I mean, maybe there'll be a trial here or there, but the news business has changed so much that courts are covered very differently. There's just a handful of us left now. Back in the day there used to be 14, 15 artists in New York. Yeah, it's on its way out.

Given that each image is a moment in time, what drove you to collect these different scenes in one book?

I got to understand that this history was being lost and forgotten. People's artwork would languish in their garages — there's some that goes to the Library of Congress, but a lot of it gets tossed aside. People should really see these. They're an important part of our history.

We hear a lot about overall crime dropping in New York City over the last two decades. Has that been at all reflected in the work you're able to get since the 1990s?

I never even thought about that, mostly because I do a lot of insider trading cases. I've made so much money on insider trading, you have no idea.

CHESTER JESUS SORIA
@chestersoria
chester.soria@metro.us

Politics

Mark-Viverito unveils bill to decrease speaker's influence

City Council Speaker Melissa Mark-Viverito revealed a series of reforms on Tuesday that would limit her influence on how money is distributed



The reforms would take away some power from the council speaker. / WILLIAM ALATRISTE

between the members.

The new rules would change how council members divide a pot of money, one that previous speakers decided on how to allocate on their own.

Under the new formula, all council members would get the same amount of money, with the possibility of poorer districts getting up to 25 percent more for

anti-poverty measures.

Critics of former speaker Christine Quinn often accused her of being arbitrary if not vindictive toward fellow council members, with a few members getting two or three times what some peers received.

The council's rules committee is scheduled to discuss the reforms on May 7. CHESTER JESUS SORIA

In Queens

Teen fights off kidnapping attempt

An 18-year-old woman was able to fend off a man who tried to drag her into his car in Queens on Monday.

Police said the victim was walking along 25th Avenue about 12:15 a.m. in College Point.



The suspect / NYPD

At 126th Street, a car pulled up alongside her.

The driver of the four-door sedan allegedly asked the victim if she wanted a ride, which she declined.

Authorities said the driver then parked his car two blocks away, at the corner of 25th Avenue and 124th Street, and approached the victim, grabbing her

around her waist and putting his hand over her mouth.

While being dragged toward the parked car, the woman successfully fought the suspect off.

The man then jumped in his car and fled the scene.

Investigators said his car had damage to the passenger side.

CHESTER JESUS SORIA



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The comedian Louis C.K. ripped Common Core on Twitter over his children's response to the curriculum. / GETTY IMAGES

Louis C.K. rips Common Core tests in Twitter rant

Testy. Television's stand-up comedian railed against the exams before his daughter was set to take them on Wednesday.

Comedian Louis C.K. slammed the state's standardized tests on Twitter, tweeting on Monday that Common Core makes his kids cry and is a "massive stressball" for their school.

"My kids used to love math," the comedian wrote in the first of a dozen tweets and retweets to more than 3 million followers. "Now it makes them cry. Thanks standardized testing and common core!"

One of his two daughters is set to begin this

year's standardized math tests on Wednesday with other students in the city.

The stand-up comedian posted photos of several problems in practice tests given to the third-grader, pointing out one was a "bad question."

In response to his rant, many Twitter users asked him to attend rallies and speak out against the tests, which are meant to promote critical thinking skills. In line with national Common Core standards, the tests have been the target of escalating anger and protests in New York.

C.K., who lives in Manhattan, praised his daughters' teachers but said the school has entered a "dark time."

"It's all about these tests," he wrote.

ANNA SANDERS
@AnnaESanders
anna.sanders@metro.us

Common Core

"It's this massive stressball that hangs over the whole school. The kids teachers trying to adapt to these badly written notions." @louisck

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Kicked out. NBA bans Clippers owner for life after racist remarks

The NBA banned Los Angeles Clippers owner Donald Sterling for life Tuesday, an unprecedented move in the league's history, after he was reportedly recorded making racist remarks.

Sterling may not attend any NBA games or practices going forward.

"Shortly after the release of an audio recording, the NBA commenced an investigation and that investigation is now complete," NBA commissioner Adam Silver said at a press conference Tuesday. "The hateful opinions [on the tape] are those of Mr. Sterling. The views expressed by Mr. Sterling are deeply



Sterling's representatives claimed the tape, which includes several remarks that have been deemed racist, had been doctored. / GETTY IMAGES

hurtful."

Sterling's ownership of the Clippers has been under a microscope since late last week, when TMZ Sports released audio of Sterling telling female friend V. Stiviano that he does not want her to bring black people to games.

"It bothers me a lot that you want to

broadcast that you're associating with black people," Sterling allegedly was heard saying on the tape. "You can sleep with [black people]. You can bring them in, you can do whatever you want. The little I ask you is not to promote it ... and not to bring them to my games."

MATT BURKE, METRO

Fined

\$2.5M

Sterling will also be fined \$2.5 million by the league, the maximum amount allowed under the NBA collective bargaining agreement.

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Tornadoes. Death toll rises, with threats of more damage in South



Dan Wassman looks at the debris at the home of his son, also named Dan Wassman, who was killed when a tornado tore through Vilonia, Ark. / GETTY IMAGES

At least 30 people across six states have been killed by a vicious storm system that unleashed dozens of tornadoes and was threatening to cause more damage in heavily populated regions of the U.S. South on Tuesday.

The hardest hit states have been Arkansas and Mississippi, where 23 people have been killed and more than 200 injured over the past three days that have flattened neigh-

borhoods, reduced homes to splinters and snapped trees like twigs.

Deaths were also reported in Oklahoma and Iowa on Sunday, and Alabama and Tennessee on Monday.

A large cluster of thunderstorms pelted Alabama, Georgia and the Florida Panhandle on Tuesday, with tornadoes expected to touch down along the Alabama-Georgia state line, forecasters said. **REUTERS**

Georgia

Suspect dead in shooting at FedEx facility

A FedEx Corp. package handler armed with a shotgun opened fire at a shipping facility in suburban Atlanta early on Tuesday, injuring six people before killing himself, apparently with his own gun, police and hospital officials said.

Three people were in critical condition, two of them with life-threatening injuries, after being shot by the unidentified gunman just before 6 a.m. at a FedEx warehouse near the airport in Kennesaw, Georgia, about 30 miles northwest of Atlanta.

FedEx employee Liza Aiken told the Atlanta Journal-Constitution she was correcting addresses on packages when she saw a 19-year-old colleague dressed all in black and armed with a knife, gun and a cartridge belt strapped across this chest. **REUTERS**

PODIATRIST

The Most Advanced Techniques Used for Bunions and Hammertoes

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasiitis (Heel and Arch Pain)

New Treatment For Heel Pain, Shockwave, PRP as seen on the front page of *The New York Times* | Platelet Rich Plasma Therapy (PRP)

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- I have corns on my toes which get thicker no matter what shoe size I wear.
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- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
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Mt. Gox

Bitcoin traders settle class actions over failed exchange

U.S. and Canadian customers of failed Tokyo-based bitcoin exchange Mt. Gox have agreed to settle their proposed class action lawsuits that alleged the company defrauded them of hundreds of millions of dollars.

The class action plaintiffs agreed to support a plan by Sunlot Holdings to buy the shuttered exchange and accept their share of bitcoins still held by Mt. Gox,

Lost

\$400M

Mt. Gox filed for bankruptcy in Japan and the U.S. earlier this year after saying it lost some 850,000 bitcoins — worth more than \$400 million — in a hacking attack. It subsequently said it found 200,000 bitcoins.

according to a statement and court filings.

Once the world's biggest bitcoin exchange, Mt. Gox is slated to be liquidated after the Tokyo District Court granted the company's request to abandon plans to revive its business. **REUTERS**

Survey

More young Republicans turn out in midterm elections than Democrats

Fewer than one in four young U.S. voters plans to vote in this year's congressional midterm

elections, with Republicans significantly more likely to head to the polls than Democrats, according to a poll released on Tuesday.

The poll of 18-to-29-year-old voters by Harvard University's Institute of Politics found young voters' trust in public institutions, including the White House, Congress and the military, at a five-

Young Republicans

44%

The poll of 3,058 young voters found that 44 percent of those who voted for Republican presidential contender Mitt Romney in 2012 definitely planned to vote in the midterms, compared with 35 percent of those who said they voted for Obama.

year low, with respondents trusting them to do the right thing just 31 percent of the time.

With little more than six months before the 2014 Congressional elections, where Republicans aim to retake a majority in the U.S. Senate, young Republican voters are more enthusiastic about voting than Democrats.

REUTERS

SCOTUS. Top court takes up legality of cell phone searches



Several justices appeared concerned about granting the police unfettered access to the information contained on smartphones. / GETTY IMAGES

U.S. Supreme Court justices on Tuesday appeared to seek a compromise over whether police officers need warrants to search cell phones.

In two hours of oral arguments before the court, the justices appeared sympathetic to the need of police officers to quickly search phones when a suspect is arrested, but they were also wary of privacy concerns raised by the amount of personal data now kept on mobile devices.

The court indicated it could issue a ruling that says police might need a warrant in some circumstances but not in others. It was unclear what rationale the court would embrace.

One possible outcome would be for a search not to require a warrant so long as the evidence

in question was directly related to the criminal investigation.

"People carry their entire lives on cell phones," Justice Elena Kagan said.

On the other hand, Justice Anthony Kennedy noted that criminals have embraced new technology, which has enabled them to be "more dangerous, more sophisticated, more elusive."

The nine justices are weighing cases from California and Massachusetts arising from criminal prosecutions that used evidence obtained without a warrant from a judge.

The legal question rests on whether the Fourth Amendment to the Constitution, which bars unreasonable searches, requires police following an arrest to get court approval before a cell phone can be searched. **REUTERS**

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Winners. Metro Photo Challenge: The Six Senses of Ghana



Metro followed the grand prize winners of the 2013 Metro Photo Challenge as they joined the nonprofit organization Reach for Change and our photo partner Colourbox on a once-in-a-lifetime expedition in Ghana.

With the theme of the human senses, thousands of participants tried to capture the way we experience the world around us through smell, hearing, touch, sight, taste and a special "sixth sense" that's hard to describe in words. As grand prize winners, Dominika Wypych of Sweden, Alexander Syvstunov of Ukraine, David Ryder of the U.K. and Sura Nualpradid of Thailand got that unique chance to experience Africa with their cameras and senses. Here you see all five human senses (plus one, sixth sense) working to the max, through the lenses of our winners.

1 Hearing: Girls sing at Cape Coast castle / DOMINIKA WYPCH

2 Taste: The Ghanaian dish called "Fufu" / DOMINIKA WYPCH

3 Sixth Sense: The sun sets over Africa / DOMINIKA WYPCH

4 Touch: A fishermen fixes his boat / ALEXANDER SYVSTUNOV

5 Smell: Standing water in The Nima area / DAVID RYDER

6 Sight: A man fixes his fishing net / DOMINIKA WYPCH



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2

CULTURE

Twitter feed

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lena Dunham has an interesting relationship, Kristin Chenoweth is in for a bit of a shock, Marlon Wayans is regretting his parenting choices and Lance Armstrong is feeling inspired.

@lenadunham: Jack just got home from a week away and the first thing he did was try to convince me that Tara Reid is in Schindler's List

@KChenoweth: the actress playing Lady Stark in Game of Thrones is just incredible.

@MarlonWayans: Why did I tell my son I'd get him whatever shoes he wanted if he got good grades? This s— gotta stop!!!! Tell my son go back to being dumb!!

@lancearmstrong: On the eve of his 81st birthday @willienelson was just presented his 5th degree black belt.

V. Stiviano reads Metro

After the tapes of Clippers' owner Donald Sterling spewing racial slurs hit, his alleged girlfriend and leaker of those tapes, V. Stiviano, made her Instagram account public for the world to see. And if you haven't looked at it, you should. It is truly weird and obnoxious — she overuses hashtags more than a 13-year-old girl. After some sleuthing,

we stumbled upon this shot of her reading Metro New York with the caption, "I'm searching for love in the classified section!" We at Metro want you to know we don't support people like Donald Sterling advertising in our classified section. She must have found him some other way. Maybe www.racistsugardaddyforme.com?



"I'm searching for love in the classified section!" V. Stiviano wrote. / V. STIVIANO, INSTAGRAM

Kimye will be married this week

Kim Kardashian and Kanye West will be wed in a very small, private ceremony with a justice of the peace in Los Angeles this week. Yes, yes, yes — the lavish Parisian celebration is still taking place. But before that happens, their lawyers are recommending they be hitched in a civil ceremony to avoid going through an international bureaucratic nightmare.

After they say "I do" in court, they will then fly to Paris to plan their wedding. Get your suits and dresses dry-cleaned now — it's reported that party goes down on May 24.



Kimye will be wed this week. / GC IMAGES



Nerds, rejoice! J.J. Abrams revealed the cast for the new "Star Wars" yesterday. / STARWARS.COM

J.J. Abrams reveals 'Star Wars: Episode VII' cast

J.J. Abrams revealed the cast for "Star Wars: Episode VII" yesterday on StarWars.com. They all look cozy doing a table read of the script.

You can spot the OG's — Harrison Ford (Han Solo), Carrie Fisher (Princess Leia), Mark Hamill (Luke Skywalker), Anthony Daniels (C3PO), Peter May-

hew (Chewbacca), and Kenny Baker (R2D2) — but there are some fresh faces scattered in there as well.

So just who are these upstarts? "Inside Llewyn Davis" star Oscar Isaac made the cut, as well as Andy Serkis, who is probably best known as Gollum in "The Lord of the Rings." "Girls" actor Adam Driver,

"Attack the Block"'s John Boyega, Domhnall Gleeson from "In Time" and Daisy Ridley from "Blue Season" will also be making an appearance.

We're looking forward to the press conference where Harrison Ford publicly hugs Chewbacca, and they fully put their differences aside.

THE WORD

Dorothy Robinson takes on the world of gossip.

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EDIE BRICKELL AND PAUL SIMON
LEAVING NOWALK SUPERIOR
COURT / GETTY IMAGES

Talking points

Brickell: 'I started it'

Music legend Paul Simon said yesterday that he and wife Edie Brickell "had an argument" before they were arrested Saturday for a domestic dispute. Brickell, in a statement sent to CNN by her lawyer, claimed she started it. "I got my feelings hurt and I picked a fight with my husband," Brickell said. "The police called it disorderly. Thank God it's orderly now."

Clooney's family loves fiancée

So how did bachelor George Clooney end up proposing to girlfriend Amal Alamuddin after just six months of dating? That's a mystery even his own family can't solve. "This woman must be exceptionally special to him for him to take the plunge. He hasn't seen her very long. In the past there has at least been some sort of length of time," the actor's aunt, Starla Clooney, tells Radar Online. "I'm just as surprised as the rest of the world. George was going to be a bachelor his whole life."

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'Vampire' finale will freak you out

Interview. Ian Somerhalder talks his climate change documentary and where he'd like to see his "Vampire Diaries" character Damon go.

Ian Somerhalder has been playing vampire Damon Salvatore on the CW's "The Vampire Diaries" for five years, and he has an idea for what his character can do next: save the environment.

"I've already been here for 200 years and I'm going to be here for another millennium — I might as well try and preserve this place. Things are just going to get worse," says Somerhalder of what his character should be thinking.

It's a cause close to the actor's heart. He recently appeared in "Years of Living Dangerously," Showtime's documentary series focusing on individual attempts to halt climate change, with each episode following a celeb as he or she learns about those efforts. Somerhalder traveled with Anna Jane Joyner in North Carolina to try to convince her father, Rick Joyner, founder of the

See more at
www.metro.us

Be warned, "Vampire Diaries" fans: The finale will be "intense."
WARNER BROS. TELEVISION ENTERTAINMENT, BOB MAHONEY, WBIE

Q&A

Bed time with a vampire

Somerhalder had some fun with the initial design for Damon's bedroom, since the character is a bit of a womanizer. "We were talking about filming Damon's room and I said, 'Oh, wow, you know what, his bed and his shower, they need to be able to fit at least eight sorority girls,' and it does." The designers took Somerhalder's advice to heart. "It's two king beds together. It's huge," says the actor. Cozy!

massive MorningStar Ministries, of the importance of taking action.

But that doesn't mean the actor has left his day job. He enjoyed revisiting Damon's darker side this year, calling it his favorite since the first season and teasing that the finale is "intense."

"The way it ends, I never saw coming," Somerhalder says. "It's going to freak a bunch of people out."

Somerhalder's episode of "Years of Living Dangerously" airs on May 4 at 10 p.m., and "The Vampire Diaries" wraps up its season May 15 at 8 p.m.

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A whole new 'Aladdin'

Theater. "Aladdin" is the latest from Disney's archives to hit Broadway.

"Aladdin" is the world's most expensive children's show, for better or worse. It's a splashy musical that drips Disney dollars, making this the Broadway spectacle that kids will remember well into their adult years. But those of us already there might find the jokes juvenile and the story simple. It's not that the musical isn't worth the price of admission, it should just cater more to the ones paying. Then again, not everyone is looking for more than entertainment, which "Aladdin" packs in spades.

Yes, the magic carpet flies. The stage transforms into a blanket of stars to swaddle the swooning, crooning lovers. Aladdin (Adam Jacobs) is charismatic but lacks some of



This over-the-top yet old-school musical will make your kid a theater-lover for life. / CYLLA VON TIEDEMANN

If you go

'Aladdin'

New Amsterdam Theatre,
214 W. 42nd St.
\$49.50-\$136.75,
www.aladdinthe musical.com

the cunning of our movie protagonist, while Jasmine (Courtney Reed) is a slightly more feminist representative of the spoiled princess from the film. But the real standout is Genie (James Monroe Iglehart) and "A Friend Like Me," during which director Casey Nicolaw pulls all the stops.

It's also an ode to old

Bye-bye Abu

What's changed?

Tragically, we lost our anthropomorphized sidekicks: Abu, Raj and even the personably mute Carpet. Instead, we have handmaids for Jasmine and a band of thieves as Aladdin's best buds. Iago (Don Darryl Rivera) sheds his feathers to serve as a human henchman to Jafar (Jonathan Freeman — who, fun fact, voiced the villain in movie).

Broadway, emceed by our blue, bottled wish-granter himself. The ensemble of sequestered, high-stepping singers, dancers and tumblers, excitingly ethnically diverse, steal the show in lieu of special effects.



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The weekly **yelp**

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99 Miles to Philly

East Village

"I can sum up my feelings on this place very simply: 99 Miles to Philly is the best cheesesteak place in the city. Steak, American, onions, hot peppers and mushrooms. It just doesn't get any better." **KEVIN K.**



Shorty's

Hell's Kitchen

"Being from Philly, when I first moved here, I had incredibly high expectations for this place. I was not disappointed." **ERIC J.**



See more at www.metro.us

C'mon, you know you want one. / ROBERT BYRON

Wogies

West Village

"Probably one of the best cheesesteaks you can get outside of Philly. Top notch. The cheese melted in pretty good with the steak, and the bread was crispy. Definitely not like other cheesesteak places that say that they're 'Philly-approved.'" **ERWIN B.**



Phil's Steaks

East Village

"It reminded of my favorite Philly cheesesteak spot Pat's. The bread was soft and not flaky with the steak oils soaked in. The meat was juicy, extremely flavorful and the cheesewas melted perfectly." **CHRIS E.**



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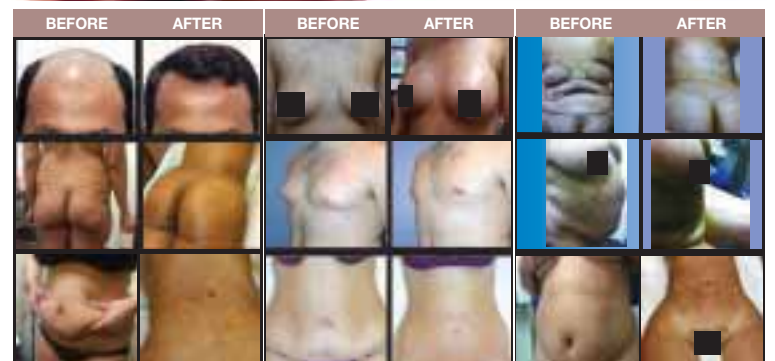
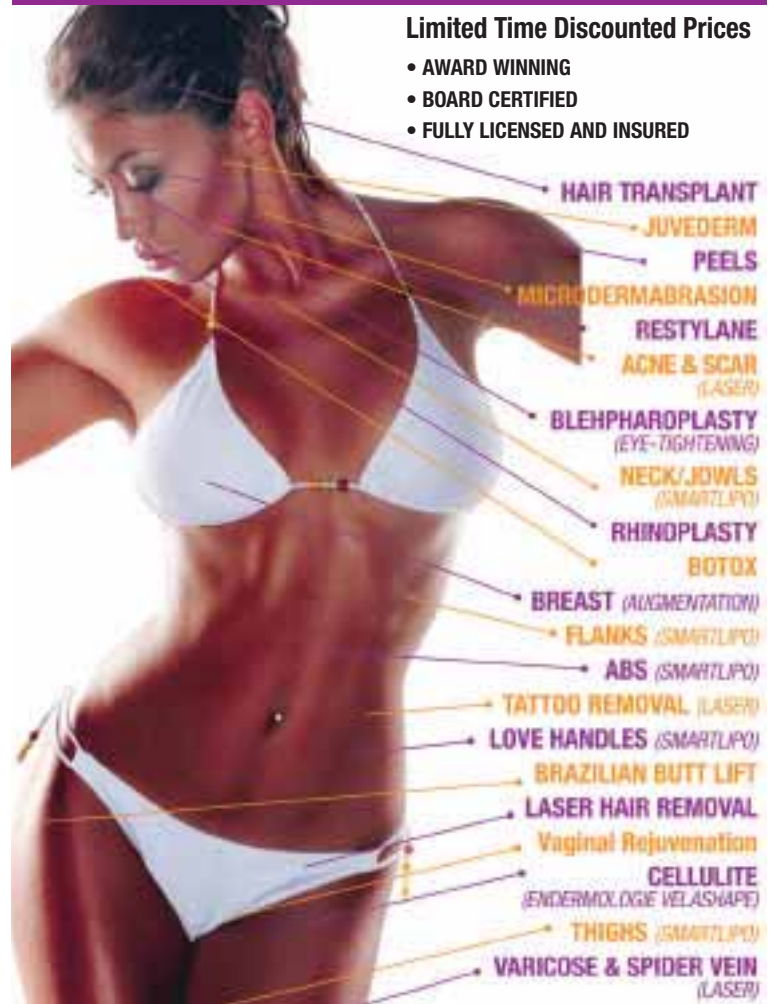
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Conquer the dirt



Step one

Start here

Dellutri suggests manning up and tackling the garage. "A lot of people use the garage as the entrance to their home — it's just the way it is nowadays," she says. "Get it clean: It's the gateway to your house and the dirtiest part of your house." Her decluttering rule of thumb? Toss everything (as in, everything) you haven't used in two years.

Spring cleaning. We don't like it any more than you do, but it's time.

We're not quite sure who decided the dawn of spring means setting aside a beautiful weekend to wipe down baseboards and dust light fixtures. But as there's no escaping spring cleaning — or the guilt of skipping it — we consulted Laura Dellutri, author of books such as "White Couch With Kids!?" and "Speed Cleaning 101."

Break it down

If you can't bring yourself to set aside a sunny Saturday, Dellutri suggests dedicating 30 minutes per weekday to spring cleaning. That could mean dusting the furniture, organizing kitchen cabinets, Windex-ing windows or deep cleaning the bathroom before the weekend.

Put little hands to work

Kids are eager to please, respond well to bribes and like gadgets. "Don't say, 'I'll just do it myself.' You're already not doing it yourself," reasons Dellutri. "Train the kids. And make it fun — have songs, plan a kid 'date night' for after." On her list of kid-friendly chores: hosing down the deck (or anything involving the hose), wiping out low kitchen cabinets and dusting railings.

MONICA WEYMOUTH
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Three quick cleans

Have 10 minutes? Dellutri recommends knocking out these tasks.

- 1 Disinfect your light switches.
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The garage is a good place to start your spring cleaning frenzy. / FUSE

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Spring cleaning 101

If you have to clean this weekend, you may as well do it in style. Here is some cleaning swag to make tidying up less of a chore.

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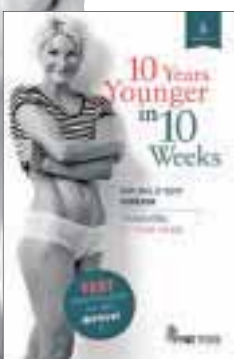
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Why Scandinavians never seem to age



Beauty. The famous Icelandic-Danish nutritionist shares her secrets.

Thorbjörg Hafsteinsdóttir is 54 years young, as she likes to put it. And there's no doubt that the Icelandic-Danish nutritionist looks young and beautiful — her pictures speak for themselves. Since Hafsteinsdóttir credits her youthful looks to her diet, we couldn't resist asking for the scoop on exactly what she eats. Here, she shares her best tips for looking and feeling young from her bestselling book "10 Years Younger in 10 Weeks."

It's never too late to change your eating habits; even Hafsteinsdóttir

hasn't been on top of her health her whole life. "My breakfast until my 30s was Cocoa Puffs," she says. "Of course that affected my body and my mind very seriously. I was always tired and bloated." At one point, her body was actually 20 years older than her actual age. That's when she decided to cut out sugar from her diet.

Focus on how different foods make you feel. As Hafsteinsdóttir started to gain more knowledge about how food affects our bodies, she found out

that sugar wasn't the only thing she needed to nix from her diet. "Grains, bread and gluten affect your body the same way sugar does," she says. Why are they so bad? The list of their effects is long: fatigue, sagging skin, wrinkles, high blood pressure, headaches, bloat and our favorite — drama queen behavior.

But avoiding these foods won't leave you starving. Hafsteinsdóttir recommends a long list of anti-aging foods that includes broccoli, quinoa,

real butter, watermelon, turmeric, coconut oil, organic chicken and many more, which are listed in her book. "Make sure to put some of these things on your next shopping list, but don't run out and buy everything at once," Hafsteinsdóttir advises.

Antioxidants reverse the wear and tear of everyday life. We're exposed to free radicals daily through smoke, pollution and chemicals in skin products and other places. "Free radicals will steal your years," Hafsteinsdóttir says. Her best advice? Eat foods rich in antioxidants, such as cranberries, fish and potatoes. Beauty really does come from within.

Quoted

"My breakfast until my 30s was Cocoa Puffs. Of course that affected my body and my mind very seriously. I was always tired and bloated." Hafsteinsdóttir

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Price: Free
Platform: iOS

Once upon a time — actually, some of you probably still do this — people gifted each other daily calendars at the start of the new year. (Some people even bought them for themselves. How barbaric.) Some of these were frivolous (such as the “Dilbert” variety); others sought to actually improve lives. Among the latter group are the ones that improve your vocabulary or at least broaden your horizons, namely with random trivia that really only ensures that one is slightly more didactic at parties.

To the many, many things technology has rendered obsolete, add days-of-the-week calendars. Now you can get the same thing on your phone,



whenever and wherever and often for free. Random Fact of the Day offers just that: useless but curiously interesting tidbits. You can even time them to pop up whenever you feel like you need a knowledge shot. Some of them are off-beat and tongue-in-cheek. (See the above image.) **MATT PRIGGE**

MARIO GOLF AND KIRBY PUT FUN IN YOUR HANDS

If high school superlatives were given to gaming consoles, the 3DS would have “most improved” and “most likely to be used on the toilet” printed next to its awkward yearbook picture. In other words, the 3DS used to kind of suck but now might be the strongest system out there. Here are more games that prove gaming handhelds didn't die with the iPhone.

‘Mario Golf: World Tour’

System: 3DS/2DS
Company: Nintendo

Want to have something to talk to your dad about? Hit the links with Mario and company. Of course, this being Nintendo, it's not exactly regular golf. There are power-ups, ridiculous courses and, oh yeah, you can play as Bowser.

The core mechanics are similar enough to Tiger



Woods and the other realistic golf sims out there, with more of an arcade bent. Don't worry: The game is still deep and plenty challenging. It features 10 courses, tons of online and offline tournaments and an astounding number of fun challenges, such as slot golf, in which you have to complete courses using only the clubs you draw from the slot machine.

‘Kirby’

System: 3DS/2DS
Company: Nintendo

Ah, Kirby, you lovable pink puffball, you.

Kirby is sort of like mutant Rogue, except whereas Rogue has to touch people to get their powers, Kirby eats them. Due to the Kirby's voracious appetite, the game features almost 30 move

sets, including turning the mascot into a karate expert, a court jester and even a sword. The single-player campaign is joined by a full-fledged “Smash Bros.”-style beat-'em-up and a fairly decent rhythm game.



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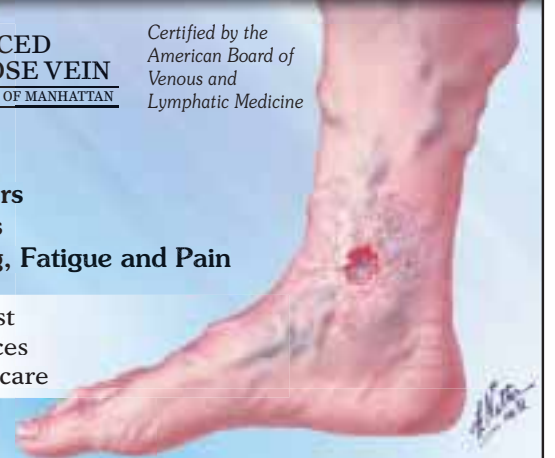
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THE FLU SHOT ISN'T PERFECT

I was sick all last week with the flu, but I got a flu shot last September. How did that happen?

In any given year, the flu vaccine is roughly 60 percent effective against one of the many forms of the influenza A and influenza B viruses that cause the illness. Although not perfect, most would agree that it is a good bet to get the vaccine in order to decrease your chances of becoming ill by more than 50 percent. Because the injectable forms of the vaccine are manufactured with inactive viral particles, the vaccine itself cannot cause illness.

The challenge in developing an effective vaccine lies in predicting what viruses may be in circulation during the upcoming

flu season. This is done via epidemiologic studies by public health authorities such as the World Health Organization and Centers for Disease Control, in conjunction with pharmaceutical manufacturers who make the vaccine. Because of mutations in the virus, the composition of the vaccine is frequently modified in an attempt to match its effectiveness against the most prevalent types of flu. Because flu outbreaks typically begin in late autumn or winter, vaccinations are recommended in early autumn, as it can take at least two weeks to build up protective antibodies.

During the current flu season we now know that there were two peaks of flu activity. Influenza A began circulating in December 2013, and



The good news: Even if you became ill, the flu shot may have decreased the severity of your illness. / MOODBOARD

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Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail your questions to him at askdrmark@metro.us.



became widespread in mid-January 2014. Just when we thought that flu season was ending, a different strain of influenza B appeared in March 2014, and has been widespread, especially in the northeast.

You likely came in contact with someone who was ill and spread the virus to you while he or she was still contagious.

Metro does not endorse the opinions of the author.

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WELLBEING 22

Tackle that obstacle race

Go. Get dirty with advice from Tough Mudder's Nolan Kombol.

Mud runs are pretty much the real-world version of "The Hunger Games," minus the whole killing each other thing. You've got to be fast. You've got to think on your feet. You've got to overcome any challenge thrown your way. And just like Katniss and Co. readied themselves for battle, you, too, will have to train your body (and your mind!) if you attempt to take on an obstacle race this year. We got advice from Nolan Kombol, head designer of the Tough Mudder course. For the sake of this story, just call him Plutarch Heavensbee.

1 Believe that you can do it. "That's the first challenge," Kombol says.



The first step to getting over the wall is believing you can do it. / GETTY IMAGES

"I've met so many people who said, 'I was scared to do a Tough Mudder.' But they tried it anyway.' ... It's about committing and planning goals."

2 Prepare — to an extent. You can do lifts, pull-ups, squats and other traditional moves in or out of the gym, "but there will be certain parts of the course that stretch you and pull you in different ways," he says. Start your training a

month or two before the event with body-weight exercises — those will prep you the best, he says. "It's about being prepared for different kinds of movements."

3 Hydrate. Your belly should have a little food in it before your race, but you want to start hydrating in advance. "I think that's a common mistake among athletes — not realizing that this starts the day before," he says.

4 Be comfy. You're gonna get cold, and you're gonna get wet, so be prepared with durable shorts, an undershirt, SPF 30 sunscreen and shoes that'll weather any terrain. "A lot of first-timers don't realize just how long you'll be running through water, through mud, through gravel, through all sorts of tough terrain," he says.



MEREDITH ENGEL
@MeredithAtMetro
meredith.engel@metro.us

Upcoming races

- **Mudderella:** May 10
- **NYC Zombie Run for Your Lives:** May 10
- **Jersey City Challenge Race:** May 17
- **Civilian Military Combine:** Sept. 27
- **Tough Mudder:** Oct. 11 and 12

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Horoscope

Taurus | April 21-May 21.
You can't let past disappointments hold you back. Keep your head up and move forward with pride. Don't waste time stewing.

Gemini | May 22-June 20.
Don't waste time on idle chitchat. Someone is likely to use your flippant attitude against you. Focus on being productive, not entertaining.

Cancer | June 21-July 22.
A travel opportunity is coming your way. Your imagination is in overdrive, and a new hobby will help to satisfy your creative urges.

Leo | July 23-Aug. 22.
What was touted as foolproof could prove costly. Don't take any unnecessary risks. Don't expect something for nothing.

Virgo | Aug. 23-Sept. 22.
Mingling after hours with colleagues could prove to be very rewarding. You will learn a lot of useful information from people with more experience than you.

Libra | Sept. 23-Oct. 22.
Keep a watchful eye on your personal documents. Double-check that you have done everything to ward off a financial loss.

Scorpio | Oct. 23-Nov. 21.
Expect to face demanding people. Keep your emotions in check and assert yourself if you are being taken advantage of.

Sagittarius | Nov. 22-Dec. 21.
You may find hidden value in an overlooked asset. If you are feeling overwhelmed, get out and do something physical.

Capricorn | Dec. 22-Jan. 20.
Children and close friends should be included in your plans today. Getting together with those you love will make you feel good about your life.

Aquarius | Jan. 21-Feb. 18.
Family problems are likely if you have not been paying attention to current developments. Take a look at your financial situation.

Pisces | Feb. 19-March 20.
Get involved in a charitable organization. You have a lot to offer, and important connections will be made if you share your best ideas.

Aries | March 21-April 20.
Get together with friends during the evening hours, but take care of your own responsibilities first to put your mind at ease.

BERNICE BEDE OSOL

Letters

These saints are marching in a little early

I've been largely ignoring the canonization of John Paul II because it matters little to me as a nonbelieving former Catholic. As someone who studied the canonization process in college, however, it bothers me. Typically, the church waits 50 years after a person's death to even start investigating sainthood. JPII died less than a decade ago. Combined with his poor record on the sex abuse scandal, it's evident that the church just wants to capitalize on the former pope's popularity in an attempt to regain followers and relevancy.

CHARLES HALL, VIA EMAIL

Climate cha-ching

Our planet has been changing for millions of years and will continue to do so. Did factory and automotive emissions cause any of our ice ages? Warming trends? No! Mother Nature will do whatever she wants, solar panels and wind farms be damned. All this climate change nonsense is about one thing: MONEY! Pockets are being lined, mostly liberal pockets. Remember, some of the people screaming are the same ones who, in the 1970s, said we were heading for another ice age.

PAT DOUGHERTY, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	7	2						
		8			6	7	5	
	4	3			8	1		2
				5				8
7			8		3			4
8				9				
9		6	4			2	1	
	1	7	9			6		
						8	3	

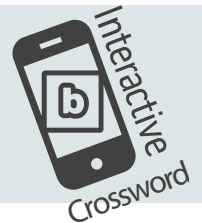
7			9	2		4	1	
					3		9	
1			4	8	2			
2		5				6		
3							5	
	8				1		2	
		4	7	9			8	
8		1						
6	2		8	1				3

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



Crossword

Across

- 1 Layout
- 7 Mantra chants
- 10 Ancient plant
- 14 Colorful percher
- 15 Mediocre grade
- 16 Jacques' girl
- 17 Curtain trim (hyph.)
- 18 Ms. Hagen
- 19 Broad-based
- 20 Added onto
- 23 "Cheers" in Mexico
- 26 Boathouse gear
- 27 Young girl
- 28 Harvest
- 29 Pricing word
- 30 Way to satori
- 31 Judge — Bean
- 32 High in calories
- 33 Yearn (2 wds.)
- 37 Ms. Thurman
- 38 Be off base
- 39 California fort
- 40 NASA counterpart
- 41 Nonsense
- 43 Rx givers
- 44 Repartee pro
- 45 Sturm — Drang
- 46 Historian's word
- 47 Borscht veggie
- 48 Aquarium denizen
- 51 "— been robbed!"

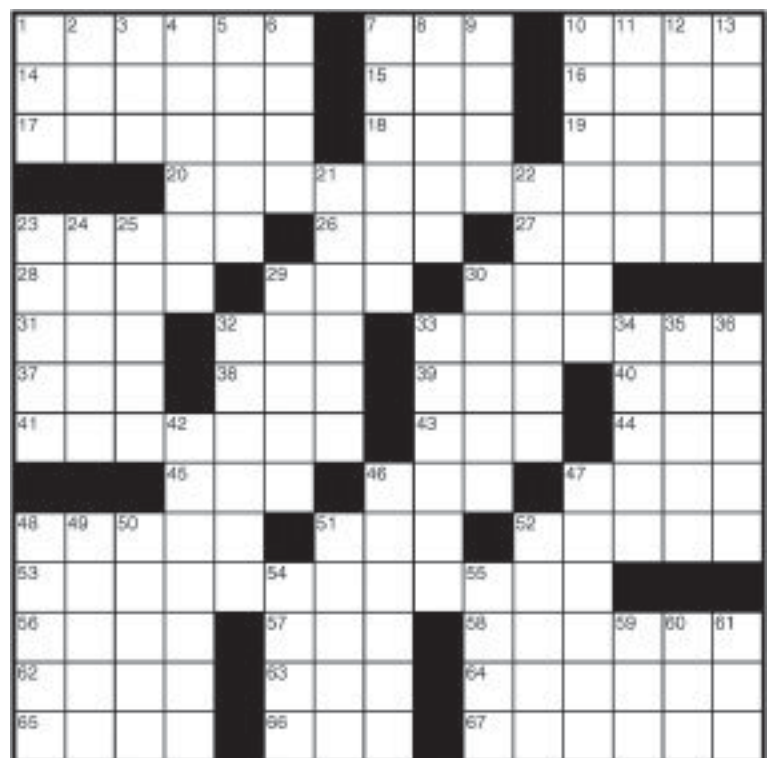
Down

- 52 Brief apology
- 53 Merge with
- 56 Scent
- 57 Med. staffer
- 58 Made a foray
- 62 Slog through a puddle
- 63 Table support
- 64 Let go by
- 65 Distort
- 66 Tavern fare
- 67 Greek sea
- 1 Vain dude
- 2 Sierra Madre gold
- 3 Crater edge
- 4 Swabs (2 wds.)
- 5 Not in a whisper
- 6 Office fill-in
- 7 Telescope lens
- 8 Rhythm
- 9 Mine find
- 10 Bowing and scraping
- 11 Discharges
- 12 Goes horseback
- 13 Poor
- 21 Odes and sonnets
- 22 Makes corrections
- 23 Cancel a launch
- 24 Luncheonette lure
- 25 Devoted
- 29 Fixed potatoes

- 30 Masked swordsman
- 32 Sausage herb
- 33 Boarding house guest
- 34 Not as many
- 35 Willow shoot
- 36 Tattered
- 42 Got too big
- 46 Emulate Hamlet
- 47 Lockheed rival
- 48 Barges
- 49 Eastman invention
- 50 Battery post
- 51 Use force
- 52 Development phase
- 54 Earthenware jar
- 55 Opera highlight
- 59 Female antelope
- 60 Mesozoic, for one
- 61 Wildlife refuge

Yesterday's answer

VITAL	FERAL	BARK
ALLY	OSAKA	EDIE
LEER	REPT	NICE
EXCISE	LIBETAN	
CAP	NANO	
EMISSARY	ROAST	
AER	ROC	NORMA
GRANITE	DEEP	SIX
ACTED	BULL	SOLE
NICE	UNEARNED	
ATVIS	VIE	
BROWSER	EDDIED	
IOIA	ROBIN	OGLE
DITS	ROUST	NEAL
SLOP	AMISH	ERNE



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3

SPORTS



Forever young

Jagr to rejoin Devils

The Devils signed Jaromir Jagr largely out of desperation last summer when Ilya Kovalchuk abruptly retired and returned to Russia to play in the KHL. Now, after a season of surprising success, Jagr is reportedly on his way back to New Jersey in 2014-15. The 42-year-old right wing had 67 points this season, the most since 2007-08 with the Rangers. He led the Devils in points, assists (43) and plus-minus (plus-16).

Watch online



Find video and recap from last night's return to the Bronx by Robinson Cano: Metro.us/sports.

Rangers dominated by Flyers to force Game 7

NHL playoffs.

Wayne Simmonds posted a hat trick, while Steve Mason was a brick wall in net for Philly.

Wayne Simmonds came to play. The Rangers did not.

The Flyers' right wing scored early — 7:08 into the first period — and often — his first career post-season hat trick — as Philadelphia beat New York, 5-2, Tuesday to force a Game 7 Wednesday night at Madison Square Garden.

Simmonds scored the only marker of a first period in which the Rangers looked good despite trailing after 20 minutes.

It was a completely different story as New York became unraveled in the second period. Simmonds scored just 1:32 into the period. The Rangers, meanwhile, were unable to capitalize on back-to-back power plays. The lat-



Derek Stepan and the Rangers host Game 7 tonight at 7 p.m. on MSG. / GETTY IMAGES

By the numbers

53.7

NHL teams leading 3-2 with home-ice advantage, like the Rangers, win Game 6 just 53.7 percent of the time. However, the team won the series 81.1 percent of the time.

ter came courtesy of Erik Gustafsson for high sticking Derek Dorsett. Gustafsson scored on a breakaway just five seconds after leaving the penalty box.

Dorsett lost his cool and took a penalty minutes later, setting up Simmonds to complete the

hat trick.

Henrik Lundqvist made 19 saves in the first two periods before Cam Talbot took over to start the third.



MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

What went wrong

1 Bad start

The Rangers weren't able to duplicate the Flyers' feat from Game 2 when New York jumped out to a 2-0 win, but lost anyway. Instead, the Flyers put the game away with a killer by Erik Gustafsson as he left the penalty box.

2 Special K

The special teams for Philly were unbelievable. They were 2-of-2 — when the game still mattered early — on the power play and the penalty kill finished 5-of-5.

3 Mase is the man

Yes, Wayne Simmonds had a hat trick, but it may have been the play of Steve Mason which was even more important. The goaltender, who missed Games 1 and 2 due to injury, looked as good as he has all series in Game 6. He finished with 34 saves. **MARK OSBORNE**

NBA playoffs. Garnett: I 'stand behind' Kidd's limit on minutes

With Brook Lopez out for the Nets, Kevin Garnett is the center — for about 20 minutes anyway.

And that has led to questions of whether the minutes limit being employed by head coach Jason Kidd is becoming a detriment to the team's success.

"Obviously everybody wants to play, but I trust Jason's decision-making," Garnett said Tuesday. "I don't ever want to be a distraction to any coach that I play for. And I'm not gonna start now. If anything I try to be positive, I try to be energetic, try to use my experience. I always say rest is good, but it's what it is. Whatever decision Jason

makes I'll stand behind him 100 percent."

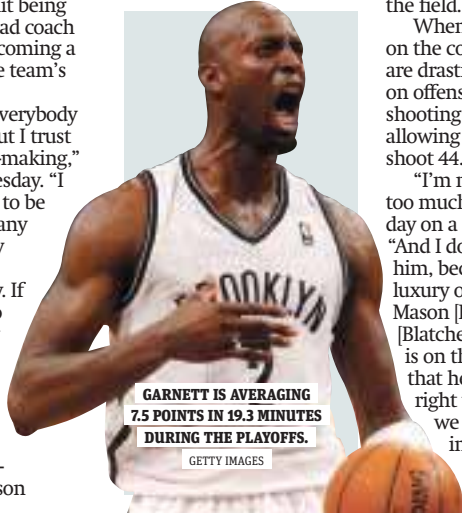
Garnett has played 77 of the 192 minutes in the series. In the 40.1 percent of minutes he is on the

court, the Nets are a plus-21 in points (164-143). Offensively, they have shot 50.8 percent while defensively they have allowed 42.8 percent from the field.

When Garnett is not on the court, the numbers are drastic, especially on offense. The Nets are shooting 38.6 percent and allowing opponents to shoot 44.9 percent.

"I'm not resting him too much," Kidd said Monday on a conference call. "And I don't regret sitting him, because we have the luxury of doing that with Mason [Plumlee] and Dray [Blatche]. Whenever KG is on the floor we trust that he's going to do the right thing and when we have a sub come in, the next guy is gonna step up."

LARRY FLEISHER



GARNETT IS AVERAGING 7.5 POINTS IN 19.3 MINUTES DURING THE PLAYOFFS.

GETTY IMAGES

Still waiting

Report: Knicks want to hire Kerr by May

The Knicks seem to have their next head coach picked out. Now, he just needs to get around to agreeing to it.

Reports indicate the Knicks would like to bring on Steve Kerr, as has been rumored since Phil Jackson took over as the team's president, but would like to get an agreement between the first and second round of the playoffs. In other words, they'll need to get it done by this weekend.

Kerr admitted to meeting with Jackson last Friday and said the talks were productive, but no agreement had been made.

"There is a lot to cover on both sides,"



STEVE KERR
GETTY IMAGES

Kerr said Sunday. "This was the first time we've talked about the job. It just opened up last week. We've got a lot of things to discuss."

Kerr played for Jackson on the Bulls for the team's second three-peat from 1996 to 1998. He also won two titles with the Spurs in 1999 and 2003.

But Kerr has never been a head coach at any level. He is currently a broadcaster for TNT and is working during the playoffs. It is unknown whether he would like to finish his year on TV. **METRO**



Robinson Cano thanked the fans who "were so kind to me" during his time with the Yankees. / GETTY IMAGES

Cano returns to Bronx, happy with his decision

MLB. The Mariner second baseman heard mostly boos when introduced.

On his way to signing a 10-year, \$240 million deal with Seattle, Robinson Cano said he felt disrespected by what the Yankees offered.

Cano, however, did not want to get into those comments during a press

conference Tuesday as he made his return to Yankee Stadium.

"I know you tried that one," Cano said in response to the final question. "I don't want to disrespect you, but I said earlier I don't want to talk about the past. I already talked about that. I said what I had to say."

Without Cano in the fold, the Yankees allotted their money elsewhere. They spent nearly half a billion dollars on Jacoby

Boo birds

The response to Cano during his first at-bat was largely negative.

- "I've always felt that the people that are cheering are showing you respect and the people that are booing you are really showing respect for you because they didn't want you to leave," manager Joe Girardi said.

Ellsbury, Masahiro Tanaka, Carlos Beltran and Brian McCann.

"One thing I understand is that this is a business," Cano said. "I can't control the Yankees. I can control myself. They made that decision and we're both happy because I'm happy with where I'm at right now. I'm happy to be a Mariner, and good luck to them."

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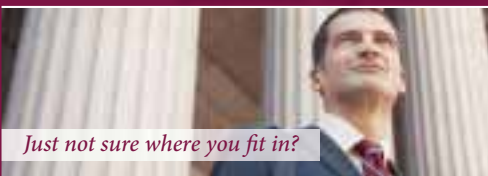
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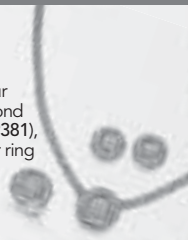
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VALID 4/30-5/5/2014



Fine jewelry is available only at stores that carry fine jewelry. 50% off 2nd item must be of equal or lesser value than purchased item; returns must include both purchased items.
► REG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. MOTHER'S DAY SALE PRICES IN EFFECT 4/30-5/11/2014. *Savings off reg. prices. Does not include watches, designer collections, fashion jewelry or diamond engagement rings; extra savings are taken off sale or clearance prices; "final cost" prices reflect extra savings; does not apply to Everyday Values, super buys, doorbusters, specials or trunk shows. †All carat weights are approximate; variance may be .05 carat. Jewelry & watch photos may be enlarged or enhanced to show detail. Fine jewelry at select stores, log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Advertisements merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ at macys.com. Electrics & watches carry mfrs'. warranties. To obtain a mfr's. warranty before purchasing, visit a store or write: Macy's Warranty Dept., PO Box 1026, Maryland Heights, MO 63043 attn: Consumer warranties. N4030062.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.